



July 10,
2007

W e l c o m e t o D a y 5 7 !

Posted by noodle182 under [Loosing Weight](#)

[\[3\] Comments](#)

Ok.... yeah, it's been a LONG while. I'm sorry. I really have no excuse. I was busy, but also lazy... I just didn't feel like writing. The bad news is, I won't make my goal, the good news I'm not missing it by much.

Yesterday when I weighed myself I was at 177. Go me! I could have done much better but the two weeks in California killed me. Then when I got home it took a week for me to get back on track. So I had lost weight and gained some then lost some, etc... I ended up being 11lb more then before I left. So... it was almost like starting over again, but it I managed. I fell into my routine again quite easily once I got disciplined enough.

The other good news... great news, actually, is that I passed my PT test...yea! I ran the mile and half in 12:40... which is pretty fast for me. Did 45 pushups and 55 situps. Oh.. and I lost two inches off my waist since before I started this... wuuwhoo! So overall it was a victory, but Friday when I do my weigh in for the 60 day, I won't be at 169. I'll be at 174 at best. But that's ok, because that's only 5 lbs away from my goal, and I can get that in two more weeks.

I'm going to Alaska on the 17th, Sachiko is following on the 27th. I'm not too concerned though because my mom is getting her nutritionist's certificate and she, herself, has lost like 20 lbs or something so nothing but healthy type foods back at home too! I'm hoping to come back from vacation fitter then ever! Of course there will be the occasional treats when going out to dinner... but this is a vacation, after all!

So that's me... way over due. Just an inch short of my goal, but I'm readjusting. The bonus is that I passed my PT test, which I know I wouldn't have been able to do if I hadn't started this thing. But that's not all I have in store for me, so I'm gonna keep truckin!

Jason



June 16,
2007

W e l c o m e t o D a y 3 4 !

Posted by noodle182 under [Loosing Weight](#)

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As I sit here eating my klondike bar and sipping on my bottle of water (did he just say klondike bar?), I reflect on the past two weeks. It's been a diet roller coaster! Last week I did really good. I bought some wheat tortilla wraps and some precut steak and chicken and made myself some healthy wraps! I bought some non-fat cottage cheese so I could continue with that tradition. Also bought plenty of apples and bananas, not to mention a couple bags of almonds. It went pretty good... I exercised almost every single day, even though it was kinda tough given the gym hours. I didn't get to run much though because it was always so damned windy here.

The end of this week started to go down hill fast. I ate out probably the last 5 times I ate. BJ's, TGIF's, Chick-Fillet, Jack-in-the-Box, and Red Robbins. No, I didn't eat very healthy at those places either. The

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problem was, besides my lack of will power, was that we had training on a swing shift schedule. From 4pm to midnight. This week we did our training on the flight line, and we had no lunch! So by the time we got off of training, everyone was starving and kept talking about all the places to go eat! Well, I got sucked it! No! So not only did I spend money I didn't want to spend, I ate food I shouldn't have ate. I did want to eat at a couple places, while I was here in The States, since I don't get to eat at those places in Japan, but I think I went overboard.

I don't think, however, I gained any weight. I'm pretty sure I didn't loose any, either though. I kept a pretty good workout schedule, so I think I counter balanced the calories. It's all the fat I'm worried about... not good for me. Speaking of weight, some of you are probably wondering what happened to the weigh in the last two weeks. Well, I didn't do them. The scales at the gym were kinda off (in my opinion) and I think it would have just skewed everything up. So, I decided to wait until I get home to weigh myself and see where I'm at! Which will be in two days! So this Monday, you can count on a weigh in!

Well, I better go pack for tomorrow's flight. Everyone have yourself a good weekend!

Jason



June 4,
2007

I n e e d y o u r h e l p !

Posted by noodle182 under [Loosing Weight](#)

[\[3\] Comments](#)

Hey guys! So I'm at California right now for some training and my eating schedule is all messed up. I had it good at Yokota, I could go to the chow hall and eat grilled chicken. Now, I'm stuck in a hotel room, which luckily has a refrigerator and microwave, but I need some ideas of what to buy at the grocery store for meals. Not just snacks, but actually things I could make without a stove for meals. I wanted to stay away from breads, but I'm thinking as long as I buy whole grain wheat I'll be ok with sandwiches. Anyways, please hit me up with you ideas! Thanks!

Jason



June 3,
2007

W e l c o m e t o D a y 2 1 !

Posted by noodle182 under [Loosing Weight](#)

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Holy cow, what a crazy week so far! First, I took leave for a few days, then I tested for promotion, I worked one night (yipee!), we went out to a going away dinner, then yesterday I left for California. I'll be here for two weeks.

Starting Friday, my diet has sucked! I know, I've been saying that a lot lately. I'm scared to even look at the scale tomorrow. We went to TGIF's for the going away Friday night, then Saturday morning I ate @ the E-Club with a couple friends. I tried to eat about as healthy as you can there. Then for the rest of the day I ate airport and airline food... you see where my concern is?

Tomorrow's weigh in also be interesting for the fact that I will be using the scale at the gym, not at home... so hopefully my workout clothes won't skew the results too much. Not to mention it's a totally different scale.... a little inconsistent. If we see dramatic changes, then I guess we'll know.

Anyways, I'm still kind of tired from the trip, so I don't have much else to say, here. I'll be more energetic for weigh in day, tomorrow. Have a good day!

Jason

Here's a quick rundown of what I ate the last few days. Plus, I hardly even worked out... bad, bad, bad!

Jack Daniel's swordfish @ TGIF's with broccoli and mashed potatoes.

Veggie skillet with egg beaters and potatoes

Funny (maybe not funny), I ordered a shrimp, salmon and creamed croquette plate at the airport... knowing that the croquette would be fried.. well everything on the plate turned out to be fried! It was bad!

Beef something on the airplane

Veggie omelet something on the airplane

That's been my food.... terrible, huh?

For more about me, my goals and the rules, please visit the [Read Me](#) page.



May 28,
2007

W e l c o m e t o D a y 1 5 !

Posted by noodle182 under [Losing Weight](#)

[\[2\] Comments](#)

Today's Monday so we all know what that means.... weigh in day! Before I let you know my results, let me start by saying I did pretty bad this last week. I took leave to study for promotion, and my diet and workout schedule has been all out of wack. I know that's really more of an excuse than a reason, so this week there are no exceptions! I'm buckling down even harder than before! That being said, I still lost 2 lbs this week... amazing, huh? I wonder how much I would have lost if I had been as strict as I should have been. It's funny how I have consistently lost exactly 2 lbs since I started this thing. Hopefully it's not my scale consistently breaking 2lbs every week, lol! But I think that's good... I've heard the safest way to loose weight is 1-2 lbs per week. So I'm right on track. Can't help to want it to go faster though... so without depriving my body, I'm gonna make a goal to try to loose 3 lbs this week... just to play with things a little.

Since I was too busy to post the food I ate the other day, here's some examples of all the bad stuff I ate... Subway(twice), medium soda from Subway (twice), Pasta(not alot), plus at a Japanese place I ordered what I thought was going to be decently healthy chicken, but turn out to be loaded with grease and smothered in cheese (and tomato sauce). Sachiko made dinner a lot, so I don't know how bad it was for me to eat. It wasn't real bad though... small portions and not filled with grease or anything. But Japanese meals do come with white rice, so...

Exercise? I did the Elipital once this week... and ran three times... terribly, huh? I've realized being at work helps me motivate a lot... since we have a gym there and I'm already there when it's lunch time, I don't have to worry about getting off my lazy butt and going to the gym. Ugh, it makes me sick just thinking about how terribly I did this last week(honestly). Im going to use this to push myself hard this week... Im not going to fail at this... I'm not going to let my old habits win again!

Jason

Current Weight: 180lbs

Current Body Fat: 33%

1 minute pushups: 34

1 minute situps: 56

For more about me, my goals and the rules, please visit the [Read Me](#) page.



May 25

W e l c o m e t o D a y 1 2 !

Well, it's day 12. Almost two weeks! It's the morning time, so I only have my bkfast to publish. But that's ok, cuz honestly, I have no idea how many calories I've consumed the last few days. I've been eating a lot of Japanese food for dinner the last few days and haven't had many snacks in between meals.

First of all, I have swapped my schedule to a day shift schedule. Wed and Thurs were my days off this week, but since I am testing for promotion on Wed the 30th, I decided to take leave on Fri, Sat, and Sunday (days I would normally have to work). I did this yesterday, so my sleep schedule was little off, which made it hard to eat the foods I have been eating. The chow hall is only open certain hours of the day, so lets just say it's been a challenge.

Yesterday, I did decide to eat a chicken sandwich instead of just the chicken to help add some more calories to my diet (per the advice of a couple friends). I really don't want to eat bread, since it is pretty bad for you, unless you have the whole grain kind. Not much of that floating around at the chow hall, but I'm thinking of buying some to help out. I also had my normal 1/2 cup of cottage cheese, a banana, and a small salad. That was lunch. Dinner was japanese food made my the Mrs. and bkfast was, hmmm... I don't think I ate bkfast yesterday... dang I forgot. I'm pretty sure I didn't because I was taking a nap before my Final Exam for Japanese class. Anyways, I'm rambling... But you get the idea.... poor diet the last couple of days. Not foods that are really bad for you, but just not good habits.

It occurred to me that you guys have no idea what kind of exercise I'm doing. So I'd thought I share that info on each post. Again, not the exactly the most interesting thing for you to read, but it helps keep me accountable. And that's what all this about, right? I could launch into some long speech about I hope other people can use the information I have posted to help better their lives, but come on.... I'm not THAT vane. haha. Maybe I'll just write a book... hmmm....

Seriously, though, thanks for all your support! I can't wait until Monday to weight myself. Admittingly, I'm a little worried given the last few days, but we'll see! Hope you guys have a good weekend!

Jason

Bkfast this morning: *ham and cheese omelet and a banana.*

Last known weight: *182lbs*

Last known body fat: *33%*

1 minute Pushups: *32*

1 minute situps: *55*



Yeah, I know, I'm a day late. But it was crazy yesterday so I didn't have a chance to write a post. I did, however, have time to weigh myself. The good news is that I lost more weight! I'm at 182 lbs. That's 2 lbs this week! Go me!

I'm really feeling excited about this. It's good to see fast results from my discipline. It just encourages me to work out harder and eat even better! So here's to another week and another 2 lbs (or more)!

In case you're interested, here's what I ate yesterday:

Breakfast: *Grilled Chicken, small salad, cottage cheese, squash, strawberries. (I work night shift, so it was dinner time, but bkfast for me)*

Snack: *Nature Valley Crunchy Granola Bar (Peanut Butter)*

Lunch: *ham and cheese omelet (egg whites), strawberries, NatureValley Crunchy Granola Bar (Honey*

and Oat)

Snack: *Nature Valley Crunchy Granola Bar (Peanut Butter)*

Snack: *Nature Valley Crunchy Granola Bar(mixed berry)*

Beverages: *4 bottles of water (16.9oz)*

This was in a 12 hr period. I didn't eat dinner; given my work schedule, it would be too close to bed time to eat a whole meal. Usually I have a small snack 2 hrs before "breakfast", but I woke up late and also had school yesterday so I didn't have that chance. If I were to guess on calories, I would say I consumed about 1200. That isn't based on anything, just a rough guess. I get my food at the chow hall on base, so it's hard to know how much calories the meals are.

Yes, I eat a lot of those granola bars! But they are about the only thing the chow hall has that I can take with me to use for a snack later. Like I've said in the [read me](#) section, this isn't a extremely strict diet. It's better than what I use to eat and it's food I can live with eating and not worry about breaking the diet. I've been loosing weight, so I must be doing something right!

Please feel free to offer your critiques, advice, and support! Thanks guys, have a good day!

Jason

Last known weight: *182lbs*

Last known body fat: *33%*

1 minute Pushups: *37*

1 minute situps: *55*

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May 19,
2007

W e l c o m e t o D a y 6 !

Posted by noodle182 under [Loosing Weight](#)

[Leave a Comment](#)

Hey everyone. I'm still staying highly motivated! I can't wait until Monday to weigh myself and see my results! I've been doing really good about eating low fat and caloric foods. Drinking just water. Eating SOMETHING every fews hours to keep my Metabolism going. I did cheat today, I have to admit. I had a soda! AHHHHHH! My mindset when I decided to drink it was that it was Friday... I was doing REALLY good all week, and this was my reward. What do you think? A good idea? Maybe if I can keep a leash on it, eh and not go overboard.

Stay tuned! Next week I'll be adding exactly what I eat everyday. I know, exciting, huh? Ok... maybe not as interesting for you as Desperate Housewives, but it will be beneficial to me! Please come back and offer your continued support! Hope you have a great weekend. Lates!

-Jason

Last known weight: *184lbs*

Last known body fat: *34%*

1 minute Pushups: *37*

1 minute situps: *54*

For more about me and goals and rules, please visit the [Read Me](#) page.



May 16

W e l c o m e t o D a y 3 !

Yup, it's Day 3. Where's Day 1 and 2? Well I didn't think of starting this blog until two days too late. Actually two weeks too late, but this keeps things less complicated.

Not much thoughts so far, except that I'm really excited about loosing the weight! It's going to be hard for me, as I mentioned in [My Introduction](#), I lived my whole life eating what I wanted and not exercising. It's time to change those habits. But I've been sticking to my diet really good so far and exercise almost as much as I should be, haha. Almost. I'm going to be brutally honest on this blog... everytime I cheat, you'll know! So stay tuned for more updates! I have a lot of things going on right now, so don't be surprised if I miss a day or two on updating the blog. Wish me luck! Lates!

-Jason

Last known weight: *184lbs*

Last known body fat: *34%*

1 minute Pushups: *37*

1 minute situps: *50*

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